



Meeting Your Needs. At Home. At Sea.

Workshops

Registration is required.

Call (202) 433-6151 DSN 288-6151

All workshops are open to active duty service members, spouses, retirees, civilians affected by base realignment and to DoD civilians on a space available basis.

- 4 February Assertiveness Training**
1300 – 1500 FFSC
- 5 February Spending Plan**
0900 – 1100 FFSC
- 5 February Saving and Investing**
1300 – 1500 FFSC
- 9-13 February **Command Financial Training**
0800 – 1600 FFSC
- 10, 12, 17 & 19 Feb **Ombudsman Training**
1700 – 2100 FFSC
- 12 February Spouse Employment Assistance Interviewing Skills**
1300 – 1500 FFSC
- 17 February Meet the Employer**
1230 – 1630 FFSC
- 17 February Conflict Resolution**
1000 – 1200 FFSC
- 18 February Smart Emotions**
0730 - 1530 FFSC
- 18 February Saving and Investing**
0900 - 1100 FFSC
- 19 February Federal Vet Employment**
1300 – 1500 FFSC
- 20 February Sponsorship Training**
1000 – 1130 FFSC
- 20 February Credit Management**
1300 – 1500 FFSC
- 23 February Lunch & Learn**
Exceptional Family Member Program
1130 – 1230 FFSC
- 24-25 February **SAVI Refresher**
Sexual Assault Victim Intervention
0800 – 1200 FFSC
- 25 February Adecco - Employment Services**
1300 – 1500 FFSC
- 26 February Newcomers Finance**
0800 - 1600 FFSC
- 27 February Millionaire Club** 0800 – 1500 FFSC

** Must attend all classes in order to be certified.

The Quarterdeck February 2004

TAMP: AT A GLANCE

What: Transition Assistance Management Program (TAMP)

Where: Available at The Fleet and Family Support Center.

When: The Transition Assistance Management Program was established in November 1990 to comply with Public Law 101-510, National Defense Authorization Act for Fiscal Year 1991. Service members are eligible for transition services 12 months from separation or 24 months from retirement.

Where: TAMP is a DOD-wide initiative created in order to assist service members with their transition from military to civilian life. The program is focused on career and job skills as well as providing comprehensive information about VA benefits and resources.

Ask us for info about: Applying for jobs in the civilian sector, resume writing, interviewing skills, salary negotiations, eligibility for veterans' benefits, skills assessment and available employment resources.

Common Questions: Many Sailors confuse TAMP with the Transition Assistance Program (TAP), a four-day seminar designed to help sailors transition from the military. Remember that the TAP seminar is just one of the many workshops offered through TAMP. The seminar compresses many of the topics covered by TAMP into a four-day period.

Who's Eligible: Available to separating and retiring Sailors and their families.

Cost: Free

Chart the Course for Your Future

Leaving the Navy is not just a matter of changing jobs. It's a total lifestyle change. Civilian life and the military life can seem like two different worlds, especially if your entire career has been in the Navy. The Transition Assistance Management Program (TAMP) at the Fleet and Family Support Center (FFSC) was created to help service members make informed decisions about leaving the Navy and make their transitions as smooth as possible. Service members are required by law to complete pre-separation counseling no later than 90 days prior to separation and are advised to start this process at least 12 months before separation and 24 months before retirement. The FFSC can help you make decisions, save money, start a job search and utilize all the programs and advice TAMP has to offer.

TAMP Programs & Resources:

- * Individual Transition Counseling
- * Resumes and Cover Letters
- * Electronic Job Banks and Internet Access
- * Veterans Administration Benefits and Review
- * Job Fairs
- * Federal Employment Workshop

The Fleet and Family Support Center is located on the

Anacostia Annex,

Bldg. 72, 2767 Watson Road. SW,

Phone: 202-433-6151, DSN 288-6151

Toll Free 1-866-557-4410

<http://www.ndw.navy.mil/FFSC/default.html>